



Choice
Recipes

Oregon
Otter Trawl
Seafoods

The recipes in this booklet have been developed by or taken from Helen Evans Brown, Chefs de Cuisine Society of Oregon, Inc., Oregon Agricultural Experiment Station, and Savory Seafoods of Oregon.

The species of fish and shellfish used in these recipes are taken by otter trawling (a large net dragged near the ocean floor). These species are most popular throughout the world and provide excellent nutritional dishes with variety in menu planning.

For further information write to the

Otter Trawl Commission of Oregon
1236 West Marine Drive
Astoria, Oregon 97103

CHAFING DISH SHRIMP

¼ cup butter	Salt
¼ cup tomato catsup	Cayenne
1 tbsp. lemon juice	1 lb. cooked Pacific Shrimp (or 2 cans)

Melt butter in chafing dish. Add catsup and lemon juice, a little salt to taste and speck of cayenne. When hot, mix in the shrimp, heat and serve on crisp toast.

FRIED TIMBALES

(Serves 6)

1 cup flaked cooked fillets of Ocean Perch, Red Snapper, or other Rockfish	½ tsp. salt
2 cups cooked rice	½ tsp. pepper
	1/8 tsp. marjoram
	2 eggs, beaten

Mix all ingredients together, and drop from large tablespoon on a greased griddle or skillet, and fry until golden brown on each side.

ROCKFISH EUGENIA

(Serves 6 - 8)

3 lbs. Rockfish or Red Snapper fillets	4 tsps. Worcestershire sauce
1 quart milk	½ cup vegetable oil
1 cup vinegar	Very small pinch of saffron (optional)
Salt and pepper	

Mix all ingredients for marinade together and marinate the rockfish fillets from 4 to 24 hours. Be sure the marinade covers the fish, and turn the fish from time to time, at the same time mixing the marinade. Save marinade.

When ready to cook, drain the fish well and dust with fine cracker meal. Saute fillets in shallow oil until light brown. Remove to a baking dish and dust with cracker meal again, then put into a 400° F. oven for 15 to 20 minutes and serve with the following sauce:

Add 1 cup of cream to 1 cup of the marinade and thicken with a little butter roux (butter and flour).

FILLET OF SOLE ASTORIA

(Serves 6)

1/2 lb. Salmon, boneless and skinless	1 cup Reisling or other white wine
12 fillets of Rex sole	1 cup water
1 tsp. chopped eschalots (or onions)	6 oz. (1 - 1 1/4 cups) Shrimp
2 oz. (1/4 - 1/2 cup) frozen peas	1 tbsp. butter
	1 tbsp. flour

Make a forcemeat with the salmon by chopping fine, grinding or crushing. Mix in a soup spoon of fresh cream and salt and pepper to taste. Spread over the fillets of Rex sole. Add frozen peas. Roll fillets. Place in a buttered pyrex dish and sprinkle with eschalots, or onion. Add Reisling, or other dry white wine such as Chablis or Sauterne. Add water. Cover with buttered paper and poach slowly in oven. Remove fish rolls from baking dish and keep hot. Cook liquid down to 1 cup. Add a little roux made of 1 tablespoon of butter and 1 tablespoon of flour and thicken. Pour the sauce through a fine sieve, correct seasoning with salt and lemon juice. Saute shrimp and mix in the sauce. Coat fish rolls with sauce. This dish can be glazed under the broiler if 1/2 cup of whipped cream is folded into sauce.

SOLE MUNIERE

(Serves 4 - 5)

1½ lbs. fillet of Sole	Salt and pepper
1 egg, slightly beaten	1 cube butter
1 cup milk	1 to 2 tsps. lemon juice
Cracker crumbs	

Combine egg and milk, then dip fillets in milk, next in seasoned cracker crumbs. Melt butter in skillet and pan-fry until brown. Remove from skillet. Add lemon juice to butter and brown well. Pour over fish. Garnish.

REX SOLE MARINADE

(Serves 4 - 6)

6 Rex Sole, skinned	1/3 cup lemon juice
1/3 cup soya sauce	1/3 cup cooking oil

Combine soya sauce, lemon juice and cooking oil. Marinate fish for 30 to 60 minutes, half covered in this combination. Bake in marinade at 325° F., for 20 to 22 minutes, or barbecue, using marinade to baste.

MEDALLION OF LING COD

(Serves 5 - 6)

1½ lbs. Ling Cod
1 cup sour cream
½ teaspoon dill weed

¼ tsp. dry mustard
Salt and pepper

Broil, or bake, fish for 8 - 10 minutes, or until almost done, turning once (test for flaking with fork). Combine sour cream, dill weed, mustard and seasoning, then spread over the fish. Glaze under broiler to brown.

BAKED SABLEFISH

2 lbs. Sablefish, cut
in 1-inch slices
2 tbsps. melted butter
2 tbsps. minced onion

4 tbsps. dry bread crumbs
½ tsp. salt
paprika
½ cup boiling water

Place cod in baking dish, brush with butter, sprinkle with salt, bread crumbs and paprika. Add water. Cover closely and bake 15 minutes in a hot oven, 400° F. Remove cover and brown, about 10 minutes. Serves 6.

SOLE THIEL

(Serves 6 - 8)

3 tbsps. chopped celery	bread crumbs
2 tbsps. chopped parsley	1½ lbs. fillet of Sole
1 tbsp. minced onion	salt and pepper
¼ cup butter	1 can (10½ oz.) cream of
1 pint oysters	celery soup

Saute vegetables in butter for about three minutes. Cut oysters into vegetable mixture. Twist or stir to blend over moderate heat. Slowly tighten mixture with bread crumbs to hold together.

Spoon oyster mix onto seasoned fillets. Roll and secure with picks. Poach the rolls in about a half-inch of liquid composed of equal parts of water and white wine, or water with a little lemon juice, for 20 - 30 minutes in loosely covered container. Add a pinch of white pepper.

In a saucepan heat and thin soup slightly (wine may be used). Use as a sauce over rolls. Garnish as desired.

SMOKED COD SALAD

(Serves 8)

1 lb.Smoked Cod, or Sablefish 8 medium-sized tomatoes

Steam smoked fish, cool and flake. Remove pulp from tomatoes and set aside for use in the dressing. Place $\frac{1}{4}$ cup of flaked Cod in each tomato cup. Top with Chervil Dressing.

Chervil Dressing:

2 cups mayonnaise

Pulp from 8 tomatoes

2 tsps. Chervil

Dash of Worcestershire sauce

Salt and pepper to taste

Combine the above ingredients in the order given, then place on top of each tomato cup.



RED SNAPPER COCKTAIL

(Serves 6 - 8)

1 lb. Red Snapper, fresh, or frozen (thawed)	2 slices of lemon
Dry Sauterne	$\frac{1}{4}$ tsp. salt
Water	$\frac{1}{4}$ tsp. pepper

Combine equal parts of Sauterne, or other dry white wine, and water (enough liquid to cover the fish when added) and bring to the simmering point. Add lemon slices, salt, pepper and fish. Poach fish until it flakes easily with a fork. Drain, cool and flake, then place in eight individual cocktail glasses. Top with Evans Sauce. Fish as poached is good for a salad, using the sauce as a dressing.

Evans Sauce: Combine the following ingredients in the order given, use as a topping on each cocktail.

1 cup mayonnaise	$\frac{1}{4}$ cup minced red, or green pepper
1 cup heavy cream	2 dashes of Tabasco sauce
$\frac{1}{2}$ cup dry Sauterne	Salt and pepper to taste
1 tbsp. lemon juice	

BROILED ROCKFISH

(Serves 6)

2 lbs. fillets of Rockfish, Red
Snapper or Ocean Perch
garlic bud

1 tsp. salt
 $\frac{1}{4}$ cup melted butter
juice of $\frac{1}{2}$ lemon

Rub fillets very lightly with a split bud of garlic, then sprinkle with salt. Melt butter and mix with lemon juice. Brush fish generously with this mixture, and put under a preheated broiler—broil 6 to 7 minutes on each side.

Garnish to your own taste. (Place broiler rack 4 to 5 inches from source of heat to prevent fish from drying.)



PETITE SHRIMP CHOWDER

2 medium potatoes, cubed
1 medium onion, sliced
salt and pepper to taste
6 to 8 strips bacon

1 tbsp green pepper, chopped
1/2 to 3/4 can evaporated milk
(large size)
2 cans Pacific Shrimp

Cube potatoes and slice onion, cover with water. Add salt and pepper and boil until about done. Cut bacon in strips. Sauté bacon and green pepper until bacon is brown. Pour off excess fat and add to onion and potatoes. Boil 5 minutes more. Add canned milk and continue cooking for 5 minutes more. Add shrimp and liquor. Thicken if desired.

PERCH PIQUANT

(Serves 6)

2 lbs fillets of Ocean Perch, Red
Snapper or other Rockfish, cut
into serving pieces

1 tsp. salt
1 tbsp. prepared mustard
1 1/2 tsp. curry powder

Spinkle fillets with salt. Add curry to mustard and spread evenly over lean side of fish. Place in a lightly greased pan and bake covered in a 400° F. oven for 15 to 20 minutes depending on thickness of the fillets.

TOMACHHLI (Salad)

(Serves 6)

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| 2 cups coarsely flaked, cooked fillets | $\frac{1}{4}$ large apple, finely minced |
| 1 tbsp. minced onion | 1 tbsp. mayonnaise |
| 1 tbsp. finely minced green pepper | 2 tsps. lemon juice |
| $\frac{1}{4}$ tsp. salt, or more to taste | 6 tomatoes |

Prepare tomato shells by slicing off stem end; scoop out center. Invert to drain.

Mix remaining ingredients. Salt tomato shells slightly and stuff filling in lightly. Dust with paprika and decorate with sprig of parsley or a celery leaf, flag fashion, on top of each serving.

Serve on crisp salad greens.



PAN-FRIED ROCKFISH FILLETS

(Serves 6)

6 rockfish fillets, 4 to 5 inches
pieces
1 cup buttermilk
1/2 cup milk
(Accent)

2 tsp. salt
1 8 tsp. pepper
1/2 cup cracker crumbs
2 Tbsp. lard or
shortening

Place fillets in a shallow dish. Pour buttermilk and milk over fillets. Let stand 10 minutes. Drain off liquid. Coat fillets with cracker crumbs. Fry in lard or shortening for 4 to 5 minutes. Drain on paper.



ROCKFISH FILLETS A LA HARVE

(Serves 3 - 4)

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| 1 lb. Rockfish fillets, or Pacific Ocean Perch fillets, cut into serving pieces | cracker crumbs |
| | 2 tbsps. butter |
| $1\frac{1}{2}$ tsp. salt | 1 cup sour cream |
| $1\frac{1}{2}$ tsp. monosodium glutamate (Accent) | $1\frac{1}{2}$ cup sliced mushrooms (optional) |
| | 1 tbsp. flour |

Season fish with salt and Accent. Roll in cracker crumbs. Melt butter and slightly brown in an iron skillet. Quickly brown fillets on each side in the butter. Add mushrooms and cream. Reduce heat, cover, and simmer 15 to 20 minutes, or until fish will flake easily.

Remove fish to a warmed platter, thicken remaining cream with 1 tablespoon flour dissolved in a very small amount of cold water. Pour over fish and serve.

OVEN SAUTEED ROCKFISH

(Serves 4 - 6)

2 lbs. Rockfish fillets, cut into
serving pieces or 4 to 6 small
fillets

1 tsp. monosodium glutamate
(Accent)

1 tsp. salt

2 eggs

1 tbsp. lemon juice

2 cups milk

cracker crumbs

$\frac{1}{4}$ cup melted butter

Season fish with salt and Accent. Beat eggs slightly and add lemon juice and milk. Dip each piece of fish in egg mixture, then in cracker crumbs. Repeat the process. Shake off excess crumbs after each dipping. Place breaded fillets in large shallow pan containing the melted butter. Baste well with butter and cover pan. Bake at 375° F. for 25 minutes. Baste once during baking period. Remove cover, baste with pan drippings, and put under the broiler 2 to 3 minutes to brown slightly. Broiler rack should be lowered as present browning too quickly.

SABLEFISH MARINADE

2 lbs. Sablefish fillets	$\frac{1}{4}$ cup lemon juice
2 tbsps. grated onion	6 tbsps. melted butter

Place fillets in single layer in a baking dish. Pour melted butter and lemon juice over fillets and sprinkle with onion. Marinate 30 to 60 minutes. Bake in marinade at 350° F. for 25 to 30 minutes. Serves 6.

BAKED OREGON SUPREME

(Serves 6)

2 lbs. fillets of Ocean Perch, Red Snapper or other Rockfish	$\frac{1}{4}$ cup olive oil
1 tsp. salt	$\frac{1}{2}$ cup green onion, chopped (or an herb of your choice.)
Juice of 1 lemon	

Season fish with salt. Sprinkle lemon juice over fish and baste generously with olive oil. Bake 7 minutes at 500° F., basting once during cooking with pan drippings. Remove from oven and pile chopped green onions, or herb, on each portion. Baste. Place under broiler about three minutes to heat.

DE LUXE SHRIMP SALAD

(Serves 10 - 12)

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| 2 tbsps. unflavored gelatin | $\frac{3}{4}$ green pepper, finely chopped |
| $\frac{3}{4}$ cup cold water | 1 tbsp. minced onion |
| $1\frac{1}{2}$ cups tomato soup | $1\frac{1}{2}$ cups cooked shrimp |
| 1 8 oz. pkg. cream cheese | 3 tbsps. lemon juice |
| $1\frac{1}{2}$ cups mayonnaise | 1 tsp. salt |
| $1\frac{3}{4}$ cups celery, finely chopped | $\frac{1}{4}$ tsp. pepper |

Soften gelatin in cold water and dissolve in hot tomato soup. Cool. Thoroughly combine remaining ingredients and gradually stir in gelatin mixture. Pour into $2\frac{1}{2}$ quart fish mold. Chill until firm. Unfold and serve on crisp lettuce leaves with a French dressing.



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